
AL-ANON AREA 5 (COLORADO) TIPS: *ON-LINE AL-ANON RESOURCES* (DRAFT – Version 0.4)

Purpose: This “Tip Sheet” was motivated by member responses to the Communication Survey conducted at the Spring 2006 Assembly: members wanted to be made more aware of valuable information that is already available on the web. All links cited are official Al-Anon pages – at the Area and World Service levels of our fellowship. Updates to this information will be made periodically, as information and needs change.

Location: This document is maintained at <http://al-anon-co.org/images/OnlineResourcesTips.pdf>.

Contact: Please send corrections & suggestions to AreaTips@al-anon-co.org.

Important: Links marked with an asterisk (*) refer to pages within WSO’s members-only section. The first time you click on such a link, the site will ask you to “log on” as a member; then you should be able to click on the link again and go there. (If not, try copying and pasting the URL into your browser’s address line.)

- **Main Sites:**
 - Al-Anon World Service:
 - > General information: <http://al-anon.org> (finding meetings, public outreach, etc.)
 - > Members section: <http://al-anon.org/members> (selected topics cited below)
 - Area 5:
 - > General information: <http://al-anon-co.org> (finding meetings, public outreach, steps, traditions, etc.)
 - > Members section: <http://al-anon-co.org/members> (selected topics cited below)
- **Twelve Steps, Twelve Traditions, Twelve Concepts:** <http://al-anon-co.org/> (click on links in left column)
- **Public Outreach Information, Materials:**
 - Area 5
 - > Info for professionals: <http://al-anon-co.org/professionals.html> (for therapists, doctors, social workers, etc.)
 - > Health Fairs: http://al-anon-co.org/members/Health_Fairs.html (explanations, suggestions, literature references)
 - Al-Anon World Service
 - > General info, materials: <http://al-anon.org/members/outreachpublic.php>* (materials to help with media interfaces, web site postings)
 - > Info for professionals: <http://al-anon.org/professionals.html> (membership survey, press release)
 - > Outreach to Institutions: <http://al-anon.org/members/outreachinstit.php>* (downloadable literature)
 - > Literature – many downloadable/printable: (see information under Publications, below)
- **Finding Meetings:**
 - Colorado: <http://al-anon-co.org/meetinghome.html>
 - Other areas: <http://al-anon.org/meetings/meeting.html>
- **Useful Materials For Groups:** <http://al-anon.org/members/groupservices.php>*
 - Registration/Change form: <http://al-anon.org/members/gsreg.php>* (WSO form)
 - > Area 5 Group Records Change Form: <http://al-anon-co.org/members/records.html>
 - > Area 5 Records Frequently Asked Questions (FAQs): http://al-anon-co.org/images/FAQ-group_records.pdf
 - Guidelines (G-1, G-2, etc.): <http://al-anon.org/members/guidelines.php>* (all are downloadable/printable)
 - Service Plan: <http://al-anon.org/members/servicepl.php>* (Group and District level plans, downloadable)
 - Service Manual: <http://al-anon.org/members/manual.php>* (entire Service Manual is on-line!)
 - Special Needs: <http://al-anon.org/members/pdf/s14.pdf> (serving members with special needs, including large print publications, how to get cassette tapes for the blind, etc.)
 - Newcomer FAQ: <http://al-anon-co.org/FAQ.html> (for Al-Anon and Alateen newcomers)
- **Publications/Conference Approved Literature (CAL):** <http://al-anon.org/members/publications.php>*
 - The Forum: <http://al-anon.org/members/forum.php>* (on-line sections, subscriptions, article indexes)
 - Newsletters: <http://al-anon.org/members/newsletters.php>* (WSC highlights, Area highlights, “Inside Al-Anon”, News & Info for Groups, Alateen Talk)
 - Sample Chapter: <http://al-anon.org/members/chapter.php>* (from “The Dilemma of the Alcoholic Marriage”, Chapter 4: “What Manner of Communications Are These?”)

* To use links flagged with an asterisk (*), you must first log on to the WSO members section via <http://al-anon.org/members>. (For more details, see the note marked “Important” at the top of this document.)

- World Service Conference Summaries: <http://al-anon.org/members/summary.php> * (2003-2006 are all on-line – in their entirety!)
- Order/Download Publications On-Line: (Use link on main publications page – includes “Product Search” and “Product Overview”, which groups by categories: many publications are downloadable, especially Public Outreach)
 - > Area 5 Literature Ordering: <http://al-anon-co.org/members/literature.html>
- First Electronic CAL: Courage to Change, on CD-ROM, <http://al-anon.org/pdf/B16CDorderform.pdf>. (Usable only on PC computers; all text in the book is read professionally; index is hyperlinked to daily readings; limited searching is possible.)
- **World Service Office Information & Materials:** <http://al-anon.org/members/wso.php> * (History, Al-Anon Archives, Board of Trustees, Tour of the facility, Employment opportunities, etc.)
 - Financial information: <http://al-anon.org/members/financial.php> * (Budget, Tax Returns, Audit)
 - Seminars and Conventions: <http://al-anon.org/members/conventions.php> * (International, Regionals)
- **Area 5 (Colorado) Specific Information:**
 - Area Events: <http://al-anon-co.org/members/events.html>
 - > Key District Events: <http://al-anon-co.org/members/events.html> (farther down the page)
 - Area Delegate’s Corner: <http://al-anon-co.org/members/delegate.html>
 - District Pages: <http://al-anon-co.org/members/district/2/index.html> (replace “2” with your District number)
 - > District Map – Colorado: <http://al-anon-co.org/images/ColoMap1.jpg>
 - > District Map – Denver: <http://al-anon-co.org/images/DenverAreaMap2.jpg>
 - Area Officers, Coordinators, Chairs
 - > Position descriptions: <http://al-anon-co.org/members/area5.html> (see individual links for each position)
 - > Current Officers & Coordinators: <http://al-anon-co.org/members/OfficersCoordinatorsList.html>
 - Emailing Officers and Coordinators/on-line form: <http://al-anon-co.org/members/trustedservants.html> (or use aliases listed in the Butterfly)
 - Area Guidelines:
 - > General Guidelines: http://al-anon-co.org/images/Area_guidelines.pdf
 - > Web Site Guidelines: http://al-anon-co.org/images/Web_guidelines.pdf (guidelines concerning material posted to the Area web site)
 - > Assembly Guidelines: http://al-anon-co.org/images/Assembly_guidelines.pdf (guidelines and procedures)
 - > Alateen Safety Guidelines and Procedures: http://al-anon-co.org/images/Alateen_Safety.pdf
 - > Electronic Communication Protocol: <http://al-anon-co.org/images/ElectronicCommunicationProtocol.pdf> (suggestions about communicating via the internet for Al-Anon purposes – email, chats, online meetings, etc.)
 - Area Action Committee Pages:
 - > Fellowship Communication: <http://al-anon-co.org/members/action-fellowship.html>
 - > Group Services: <http://al-anon-co.org/members/action-group.html>
 - > Membership Services: <http://al-anon-co.org/members/action-membership.html>
 - > Public Outreach: <http://al-anon-co.org/members/action-outreach.html>
 - Area Assemblies & Conventions: (See links on <http://al-anon-co.org/members/area5.html>; also see Events, above)
 - Area Alateen Information: <http://al-anon-co.org/members/Alateen.html> (meetings, member service information, etc.)
- **Speaker Tapes**
 - Area 5 Tape Library: <http://al-anon-co.org/members/tapelibrary.html> (to borrow tapes from the Area 5 library)
 - Speaker Tapes you can listen to on-line – both Al-Anon & AA: (There are many such sites **, and they comprise a wonderful recovery resource. Use a search engine with terms such as “AA”, “Speaker”, “Tapes”, “on-line”, etc. Look for xa-speakers, elmoware, aaprimarypurpose, etc.)
- **On-Line/Electronic Meetings** – meetings you can attend from your computer on the internet – from anywhere in the world, often at any time: <http://al-anon.org/grpsrvreqform.html> (provide your email address, and WSO will email the information to you)
 - There are many unofficial sites** on the web that offer forums, chats, and other types of electronic meetings for Al-Anon members; while these may not be officially registered with WSO, they can be of use in Al-Anon recovery; such meetings may be found using a search engine with terms such as “Al-Anon” “meetings” and “on-line”.
 - Please refer to the Area 5 Electronic Communication Protocol for suggestions relating to participating in on-line meetings: <http://al-anon-co.org/images/ElectronicCommunicationProtocol.pdf>.

** Area 5 Guidelines do not permit references to specific non-Al-Anon sites. Members should recognize that such sites are not approved by Al-Anon